

P a t e n t   c l a i m s

1.

A training apparatus consisting of a rope (2) which can be passed via a suspended  
5 direction reversal means (1), wherein a first part (2') of the rope is arranged to hang  
down from one side of the direction reversal means, wherein a handle loop (2'') is  
provided at one end of the first part (2') of the rope, and wherein a second part (2''') of  
the rope is arranged to hang down from another side of the direction reversal means and  
is designed to form releasable engagement with a locking device (4) of key way type  
10 (4''), so-called "Cleatlock",  
characterised in

- that the locking device (4) is attached to the first part (2') of the rope.

2.

15 An apparatus as disclosed in claim 1,  
characterised in

- that the locking device (4) is equipped with a retaining slot or clamp  
(5, 5') for the first part (2') of the rope; and
- that the locking device (4) has in connection with its key way-equipped (4'')  
20 locking part (4') a guide (7; 8) for the second part of the rope, e.g., guide belt  
(7) or guide flap (8), which covers at least a portion of the opening of the locking  
part (4').

3.

25 An apparatus as disclosed in claim 2, characterised in

- that the guide (7; 8) is arranged to limit the movement of the second part (2''') of  
the rope out of the key way (4'') when this rope part (2''') is manipulated in order  
to adjust the engagement of the key way (4'') with the second part (2''') of the  
rope.

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4.

An apparatus as disclosed in claim 2 or 3, characterised in

- that the guide (7; 8) is made to be elastically yielding.

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5.

An apparatus as disclosed in claim 2, 3 or 4, characterised in

- that the key way part (4', 4'') of the locking device (4) at an upper end thereof has a rope insertion groove for sideways insertion of the second part (2''') of the rope; and
- that said guide (7; 8) is designed to be positioned after insertion of the second part (2''') of the rope into the locking device (4) in order to limit the sideways movement of the second part (2''') of the rope relative to the locking part (4') of the locking device (4).

6.

A suspended direction reversal means for cooperation with an apparatus as disclosed in one or more of claims 1-5, characterised in

- that the direction reversal means is a suspension bracket in the form of a U-shaped structure (13), wherein the arms (13, 13') of the U are hooked at their respective free ends;
- that the distance between the arms (13, 13') of the U-shaped bracket is adjustable, preferably for suspension from the architraves (12, 12') of the upper door frame of a door; and
- that the two arms each have a perforated portion (13''', 13''') for the rope (2) for the purpose of forming said direction reversal means.